

TMI Focus



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Winter 1998

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MAKING A DIFFERENCE

by Laurie A. Monroe



"Making a difference" implies having an effect or changing the outlook or situation. By making a difference we can all benefit those we encounter in our daily activities. Changing how we perceive a situation changes our personal outlook. But the larger question arises, "How can we make a difference not only to those we love, but to the evolution of humankind as well?" If we begin with the small things in life, then everything will fall into place, since everything is a part of the wholeness of who we are.

If you have experienced the Hemi-Sync process through using the tapes at home or attending programs here at the Institute, you have firsthand knowledge of its profound effect. It has enabled so many of us to change in positive ways.

We have altered our lives and the ways in which we live. It has changed how we perceive rather than what we perceive. While expanding our awareness, we have become more inwardly perceptive. By growing in understanding and awareness, we become able to translate our experiences and share our knowledge with others. And by expressing our own truth, we empower each other and remember why we are here. In taking what we have learned to our loved ones, friends, and all whom we encounter, we remind each other of our deepest level of truth—the truth that we all know. Our inner understanding, peacefulness, and centeredness can be a beacon to everyone we touch. These qualities promote more loving and supportive relationships and enhance our personal

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HEMI-SYNC + DOLPHIN ENERGY: WHAT A DIFFERENCE!

by Shay St. John, DMin



Nancy Penn Monroe, Robert Monroe's beloved wife, passionately loved dolphins. While undergoing treatment for the breast cancer that finally claimed her life, Nancy's natural affinity with these amazing creatures had unexpected benefits. Reverend Shay St. John, Unity minister and long-time friend of the Monroe family, shared the remarkable story you are about to read. If you've ever puzzled over the connection between Hemi-Sync and dolphins, or

wondered how Bob conceived the idea for the Dolphin Energy Club (DEC), here's your answer.

Al [Shay's partner] and I were visiting with Bob and Nancy. She had a chemotherapy treatment, so I rode in with her and we planned lunch afterward. During the treatment, the needle was improperly placed, and the chemo leaked into Nancy's hand rather than

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DYING DIFFERENTLY—GOING HOME

by Judith and John Kopp

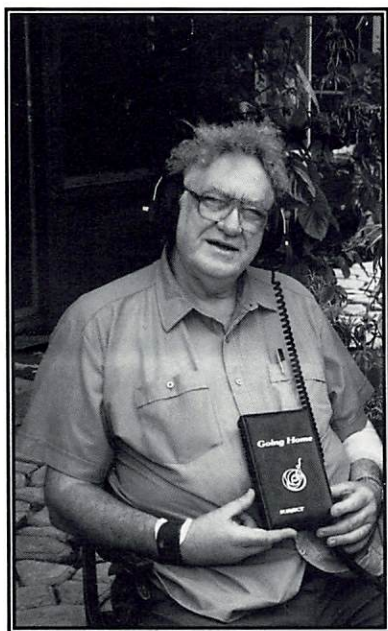
Judith Kopp, painter and spiritual seeker, attended the GATEWAY VOYAGE in November, 1995. That week felt like a true homecoming to her. Little did she realize that one of the most important benefits of that experience would be the understandings and resources she could offer to family and friends. This was especially true for her friend and former life partner, John, as he made his transition in September.

Teacher, businessman, and world traveler, John Kopp spent much of his life in the Kingdom of Saudi Arabia. When John was diagnosed as having a short time to live due to cancer, he became interested in using The Monroe Institute's GOING HOME program designed for people with terminal illness.

John was an enthusiastic participant and described his positive experiences in his debriefing sessions. He looked forward to a new kind of travel, to nonphysical levels where he would be quite "alive" and yet free from pain once his physical body was pronounced clinically and legally "dead." Since I am a certified grief support counselor and a Monroe Institute graduate, John arranged for me to help him do the program, specifically the final tapes instructing him on his final journey after leaving the physical realm. The

photograph shows John listening to GOING HOME during his last week, just prior to staying on the other side.

John opted to suffer the pain of the warrior's path, because he felt hospitalization would be adopting a humiliating victim's role. GOING HOME provided both spiritual strength and the conviction that his transition into the world beyond was a journey to look forward to, by allowing him to personally observe where he was



John Kopp

going and to personally know that his transformation would be beautiful. I stress the word "personal" here. John was not relying on secondhand accounts but rather his own observations and experiences to prepare for his journey. Thus, it became a journey into the familiar instead of a "final unknown" that those uneducated to the transformation process still call death.

The ambulance crew, police, hospice team, and funeral director all cooperated fully, allowing me to complete the final GOING HOME tapes per John's instructions before his body was removed. This man therefore chose and completed the journey out of his body with a positive sense of where he was headed, what he would encounter, and without fear of that "unknown" which everyone must face eventually.

John's experience after our twelve-year-old son Johnny was

killed accidentally in Sri Lanka can be found on page 207 of the Guggenheim book *Hello from Heaven*. Johnny appeared to John, spoke to him, let his father know that he was "OK." This occurrence helped John to have personal confidence that there is no "death"—that human beings simply transfer their life-energy from the physical to higher levels of nonphysical consciousness.

Excerpts from John Kopp's journal and debriefing sessions—September 9, 1997

Session I

The illustration of the butterfly emerging from the cocoon into a new and glorious transformation was perfect, perfect. I really enjoyed that. I was guided in facing my wishes before leaving the earth and I think that I am ready to come home. I dealt with issues of regrets, guilt, and forgiveness, and the song of Frank Sinatra came to mind: "Regrets, I have a few, but then again, too few to mention." [He drew musical notes for the song in his notebook.] At the time I did the best that I could with the data/information that I had. Only hindsight, new and better data, makes it seem a mistake—and this a regret. Johnny's death taught me this!!!! I learned so much so late.

I am relaxing. I am lying down at Judy's home. I get up from Judy's house and walk to Mom's front door and down the steps. There are shops; she and I liked to shop. I go across the front lawn. Now I am outside the stairs at the trailer in Thompson (Ohio). I go across the country meadow to the dead elm tree. I meet the green bird. He tells me to fly with him, but I tell him that I don't know how to fly (as per the instructions of Mr. Monroe). I am then guided to

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A DIFFERENT ORDER OF COMMUNICATION

by Margaret Carr

Participants in TMI residential programs form close bonds with each other and become sensitized to the most subtle communication. That sensitivity allowed Sustaining Member Margaret Carr to hear a message from a friend who had crossed the bridge between dimensions.

I kept a photo from my April 13-19 GATEWAY VOYAGE in 1996. There we are. A room full of strangers when we met—kindred spirits when we parted. Jackie sitting on the couch, me coming down the stairs, the last to arrive. Jackie wrote me in May, 1996. I hadn't heard from Jackie since then, though thoughts of him and other GATEWAY friends passed through my mind from time to time.

On July 11/12, 1997, I had a dream which I remembered (a rare occurrence for me). In the dream I was in a moving vehicle with a man

seated in front of me. I chatted continuously to the man's back. Finally he turned around and I recognized my friend "Richard" who died three years ago. In delight and surprise, I said, "Richard!" He paused for a long moment, then answered, "Yes."

We crossed a long bridge and came to an open grassy area with a square stone floor in the center. We got out of the vehicle. The man I called Richard hugged me. I felt great physical strength, great gentleness, great love. I didn't see Richard again, but the dream rambled on—a building off in the distance, people around the outside. I went there, pushed a button on the outside, and curtains closed around the square stone floor in the middle of the field of grass. The next morning as I recalled the dream, I suddenly remembered that the man in the dream who I'd called "Richard" had dark brown eyes. Richard's eyes

had been blue. At that moment, I recognized Jackie as the man in my dream. I sat down and wrote Jackie that I'd dreamed about him and wondered what new adventures he'd had in the last year, and I waited for a letter in return.

Two weeks passed and a letter arrived—not from Jackie but from Jackie's daughter, Valerie, who I had not known existed. Valerie said she had to write me because she found a letter from me that her father kept. The letter was written on her father's birthday, May 14, 1996. Valerie wrote, "My father was killed in an automobile accident on July 4, 1997." My dream was the day of Jackie's memorial service. Jackie came to tell me goodbye, and the hug he gave me felt exactly like his goodbye hug when we left GATEWAY—strong, gentle, loving . . . Jackie. Thanks for being with us.



ATTENTION PROGRAM GRADUATES!

Vibe Flow and Beyond will be available for purchase in February. This tape is the home version of the popular *Vibe Flow* program tape experienced in the GATEWAY VOYAGE program. Call The Monroe Institute at (804) 361-1252 to order.

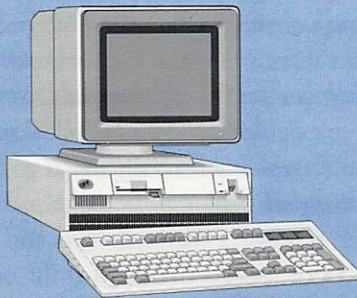
**VIBE FLOW
AND
BEYOND**

CYBERSPACE VOYAGERS

The VOYAGERS Internet mailing list, an electronic lync, was established for those using Hemi-Sync to venture into the realms of their own consciousness. It's for all who want to continue learning by telling about their voyages, reading of others' experiences, and exchanging information about TMI programs and audio-guidance learning systems. voyagers@monroe-inst.com is the mailing list address. Send a request with "subscribe" as the Subject to:

voyagers-request@monroe-inst.com to subscribe. Requests are handled in person, so allow for a delay. You will get a welcome message with instructions when you have been added.

Try the Institute's www server at: <http://www.MonroeInstitute.org/> if you have access to the World Wide Web. MonroeInst@aol.com is our official E-MAIL address.



MAKING A DIFFERENCE

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productivity and creativity. By demonstrating these qualities, we become catalysts for others. By experiencing our innermost energy, which is infinite and indestructible, we can help others open to their own inner depths.

We choose to take action and to think in certain ways. Through choice, we co-create our own life's path. Within the process of co-creation, what we think about ourselves and our situations determines what is manifested. Knowing the source of our thoughts enables us to process and change old patterns through our intent. When something is experienced in a way that makes it a known, old patterns or restrictions that previously limited our thinking fall away—we are free. And through connecting with the power that resides at our very core, we are able to make life choices that can and do make a difference. From the smallest issue to the largest, it is simply a matter of deciding. Whatever appeals to you as worthwhile to share, follow your feelings. If your choice is unrestricted with no expectations attached, then give freely and lovingly. You will empower others as well as open yourself to the gift of receiving.

I used to drive over Florida's Sunshine Skyway on a weekly basis. Early in the morning everyone was hustling to get to work on time. The atmosphere thrummed with tension. A palpable aura of stress emanated from the traffic backed up at the tollbooths. I had a choice as I sat there. I could join the agitated and frustrated majority or transform the situation positively. Making the latter choice, I pulled up to the toll booth and gave the attendant the exact change for myself and the next two cars. She probably thought I

knew the other drivers. Driving away, I watched in my rearview mirror as the cars stopped to pay the toll, and I sensed the drivers' surprise as they learned that their toll had been paid by the preceding driver—a stranger! For an instant they smiled and entered into the moment as they received my gift. Even though the act was small, its power to create gratitude in another's heart was magnified. The attendant later told me of the other drivers' reactions. Their pleasure made her feel good and spilled over into her attitude toward everyone else who passed her that day. She would think about the gesture and smile. Consider the small things in your daily life: where could you help someone else—even for a moment—with a smile, a kind word, or an action that would lift them out of their usual responses? Think about situations that provoke impatience, such as standing in a long line at the grocery store or waiting for a teller at the bank. Choose to make a difference for someone else in these moments and feel the joy within emanating outward. As this energy radiates from

QUARTERLY TAPE

Winter Homecoming

Winter can be a time for rest and reflection. As this last homecoming exercise takes you higher, expand out to the skies for a crystalline perception of the world around you. Return to the Nancy Penn Center for the holidays, and spend some time with those you love.

you, it will inspire others to react and respond in kind.

A recent GATEWAY VOYAGE graduate shared this excerpt recorded in his journal toward the end of the program. "Nothing will be the same in this entirely new world/universe which has opened up in myself. I am very thankful for that. I finally can see, hear, and speak in a bigger universe without fear, without doubts. Just a special 'thank you' for the awakening into a very new, bigger, and brighter world." As we take time to re-acquaint ourselves with the wonder of our universe and ourselves, gratitude will open more doors than we can imagine.

Thank you for making a difference to the Institute. Your contribution to our growth and your dedication to our vision through creative action is an integral part of our success in attaining our goals. Thank you for the support and love that you are giving in every moment. Together we can indeed make a difference as we continue our explorations into human consciousness.

DYING DIFFERENTLY—GOING HOME

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I see an airplane. I see a white plane with a blue dot. Then I am guided to a helicopter. I get into the chopper and go up into the clouds. I see the fields of Thompson below. After a while I am out of the chopper and I *soar*, like in *Jonathan Livingston Seagull*. I soar around and through the clouds. I see clouds and a rainbow and fly to it. Johnny is in the rainbow. He is wearing his red Toughskin jeans with his blue shirt . . . his blond hair . . . He waves at me like he did in Jeddah when he visited me after he died. I thought to talk to him, but he said, "No, Dad. Don't talk. I know." We hold. Hug. And soar together. He tells me, "Don't talk. Just wait. It gets better." We soar and I am filled with indescribable love. Oh, God. Oh, God. We fly out of the clouds, and partway down, Johnny stops. He says, "Go back. You'll be back." I say, "Bye."

Session II

The Park. The Park is the place we go after we leave our physical form. It is a place to rest if we had a difficult transition out of our physical form. We rest there and then proceed to our destination. In the Park I am aware of '40s and '50s cars. There are many people there, but I am an observer at this time. As it is not my time to be there yet, I fall asleep and I no longer feel my pain.

Session III

I am at Level 16. I am soaring at about 600 feet. Judy is below looking up at me and waving. Rhett and Becky [their son and daughter] join her and also Jim, Tom and Rosie, all the Jeddah school folks, George and Sharon and the kids. Everyone! The land ends, things

stop, and I soar. A voice tells me to "send a signal" back to those I am leaving behind me. I'm not sure at first how to send them a signal, but then I understand and send like vibrations back to the people waiting on earth. My vibrations tell them, "I'm at peace. Peace to you." Then it is dark. But it is getting lighter and lighter. In the light I see Mom, Dad, Johnny, Uncle Eddy, Uncle Jimbo, Fred, Baba, Grams, everyone.

Bright light! Very bright light! We are at like an ice castle, or a huge mound or mass of bright crystal ice filled with light. Each of the people that I know there take turns leading me up into the center of this large ice castle and then going away over and through passages, up toward the end of the ice at the top, and it gets brighter and brighter. The voice says if you want to go back say "One" (consciousness level one, physical level). I reply, "No way." I soar up and out of the ice . . . soooooooooo bright!!!! [John drew rays of light.] All are behind me. I'm going . . . going . . . going . . .

Session IV

This is my instruction to detach from consciousness one, earth plane. I am relaxed. Sometimes I have trouble putting the pain away in the energy conversion box. I am at consciousness level 21. I put my arms around the universe, the solar system. I turn around, looking back. I can see everything . . . all at once. The big things, their shapes and sizes. Big things like concepts and ideas. Little minute things like shapes and sizes. Little minute happenings and experiences. But the terms big and small don't mean anything anymore. It is so nice just

to be away from them, to know that they don't mean anything. It is perfect relaxation. It is relaxing, nice.

Judy's afterword:

The hospice nurse came in then. I had made an appointment with John's doctor that he did not keep—he took his leave half an hour earlier. It was time for him to be on his way, to his spiritual life. Rhett will take John's ashes to Hawaii and scatter them from the Mauna Kea volcano, where the air is the purest on earth and where trade winds will carry them over the world John traveled.



HEMI-SYNC + DOLPHIN ENERGY: WHAT A DIFFERENCE!

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flowing into her bloodstream. The nurse was extremely upset. So was Nancy. I was furious, but I attempted to remain "calm and poised" to keep things somewhat in order!

Nancy was told this was extremely serious; she could possibly even lose her hand. The hand would definitely turn black. Great pain would be experienced. She was to call immediately for a doctor's appointment (he was not in the office when this occurred). Nancy's hand was already at least twice its normal size, deep gray, and getting blacker by the minute. We went to lunch, and I shared a story I had recently heard about the relationship between killer whales and dolphins. It seems that the two species set aside their natural enmity and the dolphins assist the

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THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

1998

EXPLORATION 27

(For LIFELINE Graduates)

January 24-30

June 20-26

GATEWAY VOYAGE

January 10-16

January 31-February 6

February 14-20

February 21-27

March 7-13

March 14-20

March 28-April 3

April 4-10

April 25-May 1

May 9-15

May 30-June 5

June 6-12

June 13-19

June 27-July 3

GUIDELINES

(A Graduate Program)

February 7-13

May 16-22

August 1-7

HEARTLINE

(A Graduate Program)

March 21-27

August 22-28

LIFELINE

(A Graduate Program)

January 17-23

April 18-24

July 11-17

PROFESSIONAL SEMINAR

July 25-31

Trainer Development and Assessment Program (TDAP)

September 26-October 2

Hemi-Lync Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.



fornia, on October 21. Dr. Lundgren also conducted a two-day workshop, "Introduction to Interdimensional Travel," combining the use of Hemi-

Sync tapes and research into expansion of consciousness.

Books

The following titles are available from Interstate Industries, Inc.

Robert A. Monroe's trilogy:

Journeys Out of the Body

Far Journeys

Ultimate Journey

Appearances

F. Holmes (Skip) Atwater, TMI's director of research, was a featured speaker at the Eighth International Forum on New Science held October 9-12 in Denver, Colorado. An audience of more than 200 listened to his presentation, "Inducing States of Consciousness with a Binaural Beat Technology." Skip's manuscript was published in the forum *Proceedings*.

Institute trainer Franceen King, MA, spoke at Project Awareness, the Fourth Annual Tampa UFO Conference, October 31-November 2, 1997, in Tampa, Florida. Franceen's topic was "The Monroe Institute's Gateways to Expanded Awareness—An Introduction to Hemi-Sync."

Joan Lundgren, PhD, MFCC, presented a program, "Interdimensional Research, Remote Viewing, OBEs, Crop Circles, and ETs," for the California Society for Psychical Study, Berkeley, Cali-

Healing Myself, by Gari Carter
Mind Trek, by Joseph McMoneagle
Using the Whole Brain, edited by Ronald Russell

Electronic Lyncs

Refer to **CYBERSPACE VOYAGERS** for a complete listing of TMI and TMI-related "net surfing" addresses.

TMI is now featured on the Internet Mall™, **FIRST FLOOR: Online Music Shop**.

Journals

Alternative & Complementary Therapies, vol. 3, no. 5, October 1997, quotes Genia Pauli Haddon, PhD, at length in the article "Obesity: Non-diet Approaches for What's Eating Your Patients." A TMI Professional Member since 1990, Dr. Haddon is co-creator of the acclaimed two-volume video series "Yoga for Round Bodies."

Enlightenments, Ohio's Holistic Journal, September/October 1997, featured "The Synergy of Hemi-Sync," Tabitha Schneider's story of the GATEWAY VOYAGE that she was delighted to attend as part of an "investigative reporting" assignment.

Magazines

Convergence, vol. 10, no. 4, fall 1997, featured "Out-of-My-Body: Adventures at the Monroe Institute" by Laurie Joy Pinkham. Lyrical descriptions of Laurie Joy's personal experiences are interspersed with practical background information on TMI and the residential programs.

New Jersey Monthly, September 1997, ran "Keeping the State's Population Healthy" by Amy H. Berger. TMI Professional Member Vincent C. Giampapa, MD, FACS, founder of the Plastic Surgery Center Internationale in Montclair, New Jersey, is quoted extensively. Dr. Giampapa's comments focus on the connection between hemispheric synchronization and relaxation and the related effects on key biomarkers of aging.

Newsletters

Voyages into the Unknown, Bruce Moen's new book about the experiences and possibilities accessible through LIFELINE training, was given star billing in the September

issue of *Insights*, the Hampton Roads Publishing Company newsletter. You may order by phoning Hampton Roads at (800) 766-8009.

The Personal Report, vol. 8, no. 3, third quarter 1997, is edited and published by Alvin H. Danenberg, DDS, a member of the TMI Professional Division. This issue contained "Train the Brain, Control the Pain" an article presenting the rationale for using Hemi-Sync to manage the pain and anxiety of periodontal surgery. Dr. Danenberg recently started a double-blind clinical study to evaluate Hemi-Sync's effect on these parameters.

Radio Interviews

On October 14, 1997, Skip Atwater went on the air with Seamus O'Connolly of station KUCU in Hobbs, New Mexico. Their lively and informative exchange sparked a surge of telephone calls and "hits" to the TMI web site.



Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. Please inform us promptly of changes in location and phone/fax numbers.

AUSTRALIA

ADELAIDE, S.A.

Calire Ezrac

(61) (8) 8346-7936

CANADA

HALIFAX, NS

Tom Tasse

(902) 443-2692

TORONTO, ONT

Blair Swanson

(416) 694-2908

VANCOUVER, BC

Carol Biernat

(604) 261-2840

CYPRUS

John Knowles & Linda

Leblanc

(357) (6) 621272

DENMARK

COPENHAGEN

Jan Caroc

(45) (39) 274911

ENGLAND

CAMBRIDGE

Sue Pitman

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Fax (223) 515091

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John and Alison

Perrott

Tel/Fax (252) 626448

EUROPE

THIMISTER,

BELGIUM

Patrick Bartholome

(32) (87) 44-70-70

JAPAN

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Tel/Fax (301) 656-

8980

BUTTE, MT

Leo McCarthy

(406) 494-3567

DAVIDSON, NC

Norma Atherton

(704) 892-7000

ENGLEWOOD, CO

Daniel K. Meyer

Kimberly Miller

(303) 740-8053

FINESVILLE, NJ

Pete Ennes

(908) 995-9493

DOYLESTOWN, PA

Chris Carey

(800) 731-7345

HENDERSONVILLE, NC

Joe Gallenberger

(704) 693-4721

INDIANAPOLIS, IN

Shawn Casey

(317) 852-7727

LAMBERTVILLE, MI

Eileen Tucker

(313) 856-5251

LINCOLN, MA

Steve Ullman

(617) 259-9870

MT. JULIET, TN

Art and Jan Flint

(423) 988-0104

NEW YORK, NY

Ross Jacobs

(212) 929-0661

Al Swadichuto

(212) 228-3298

PALMER, AK

Ross Perrine

(907) 746-6443

PASO ROBLES, CA

Leland Beck

(805) 237-8949

PORTLAND, ME

Joe Harrington

(207) 773-0291

PORTLAND, OR

Clayton Morgan

(503) 238-0137

Bill Oakes

(503) 628-3150

RENTON, WA

Peggy O'Hare

(425) 641-4535

ROCHESTER HILL, MI

Rebecca Nacy

(810) 651-6740

SAN MATEO, CA

Chow Chow Imamoto

(415) 341-1955 (r)

(415) 344-1822 (w)

SILVER CITY, NM

Marion Light Ray

(505) 388-5782

TEMPE, AZ

Marcie A. Katler

(602) 968-3021

TOLEDO, OH

Eileen Tucker

(313) 856-5251

TULSA, OK

Bruce W. Freeman

(918) 742-0743

WOODLAND, CA

Edy Harrington

(916) 669-1468

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The OUTREACH Trainers and facilitators listed on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

HEMI-SYNC + DOLPHIN ENERGY: WHAT A DIFFERENCE!

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whales while they give birth. I then suggested, "Let's make the dolphins the midwives of your healing right now."

At lunch, over a glass of white wine, Nancy identified seven dolphins flowing through her bloodstream. As we ate, we told these dolphins that their very favorite food, the chemo in Nancy's hand, was theirs to devour. We focused their work on her hand during lunch and watched in awe as Nancy's hand *stopped* turning blacker. The swelling continued to decrease. Within an hour and a half, we could actually see the hand beginning to lighten and deflate. We were so excited! Nancy had found a wonderful dolphin ring at Best Products, and she was thinking of getting it. We went there right after lunch—I bought Nancy her ring and she bought me mine. She felt so good, we went shopping and returned to the house in the late afternoon. By this time, nothing unusual seemed to have happened to Nancy's hand. By evening, it was totally normal.

The next day we both talked to the dolphins and thanked them for their help. We shared this experience with Bob and Al and, in an evening of brainstorming, the Dolphin Energy Club was born.

DEC service has been making a difference since 1991. To personally engage in this work, contact Shirley Bliley, DEC Service Coordinator, at (804) 361-9132, write to her at The Monroe Institute, 62 Roberts Mountain Road, Faber, VA 22938-9749, or send e-mail to MonroeInst@aol.com. The annual fee of \$35 for Institute members and \$50 for non-members includes the DEC Hemi-Sync tape, coordination of specific healing requests, and quarterly reports on DEC activity, dolphins, and anomalous healing research.



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